

## PST/INTERVIEWS GERMANY FY 04

The PST coordinator schedules PST Time and Location. Submit your online PST Request via the seal website, your request will be processed with other candidates in your geographic location:

[https://www.seal.navy.mil/seal/pst\\_request.asp](https://www.seal.navy.mil/seal/pst_request.asp)

**NOTE: YOU WILL NOT BE SCHEDULE FOR THE PST UNTIL YOU HAVE BEEN CLEARED BY BUD/S MEDICAL. STEP-BY-STEP GUIDELINES:**

<http://www.seal.navy.mil/seal/pdf/pstrequest.pdf>

### **GEAR LIST**

Candidates are required to arrive 15 minutes early with the items listed below:

The original approved special request chit

Service and Medical Record

Military identification card

T-shirt, dungarees or cammies, and boots for **SEAL candidates**

T-shirt, shorts, and running shoes for **SWCC candidates**

Swimsuit and towel

Drinking water

### **Upon Successful completion of the PST**

Candidate will be interviewed, IAW MILPERSMAN 1220-150.

Interview requirement items:

- (1) Uniform of the day
- (2) The original approved special request chit
- (3) Military ID
- (4) Service record
- (5) Medical record
- (6) Waiver(s) (See Waivers)

### **NOTE:**

Cancellations or rescheduling of a scheduled PST can be Requested via

Email: <mailto:pstcoordinator@navsoc.navy.mil>

Filename: PST\_Dates\_GERMANY\_FY\_04.doc  
Directory: C:\Documents and Settings\tingleyg.SPECWAR\Local  
Settings\Temporary Internet Files\OLKD7  
Template: C:\Documents and  
Settings\tingleyg.SPECWAR\Application  
Data\Microsoft\Templates\Normal.dot  
Title: PST/INTERVIEWS FOR GREAT NECK, NY  
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